

## *WAYS YOU CAN HELP YOUR BABY*

- Help your baby learn to stand and walk using you for support instead of a baby walker.
- Talk simply, clearly and slowly to your child. Name the objects he/she touches or looks at.
- Read colorful books together and talk about the pictures. Ask your baby to turn the pages.
- Sing songs and nursery rhymes or play children's music tapes.
- Make fun sounds with your mouth (such as vibrating your lips) to see if he/she will imitate you.
- Listen to your baby, make eye contact and respond to the sounds he/she makes.
- Name and point to body parts while bathing and dressing your baby.
- Give your baby a chance to try to feed him/herself with fingers or a spoon every day.

## *AT 12 MONTHS YOUR BABY SHOULD:*

- hold out arm or foot to help with dressing
- try to brush own hair, drink from a cup, wash face
- feed self using fingers, may be starting to use a spoon

## *CONTACT YOUR PUBLIC HEALTH NURSE OR DOCTOR WHEN...*

### **... at 12 months your baby:**

- does not crawl or stand with support
- does not babble or respond to sound
- does not wave back to you when you say "bye bye" and wave
- does not try to show you things or point to objects

*CHILD DEVELOPMENT*

## *YOUR DEVELOPING BABY*

*9-12 MONTHS*



By 12 months, many children will be doing the things listed here. It is important to remember, however, that each child develops at his or her own rate.

At the end of the pamphlet you will find ways you can help your baby learn these new things.

## *CHILD DEVELOPMENT*

Rehabilitation & Early Childhood Development  
Western Health Authority  
AND  
Janeway Outreach Program,  
Western Region

## LEARNING TO MOVE

### At 12 months, your baby should:

- pull up to standing position at furniture and lower self back down safely to floor
- be able to sit up from lying down
- walk while holding on to furniture or wall
- walk alone or with hands held

## HEARING, SPEECH & LANGUAGE

### At 12 months, your baby should:

- turn directly to nearby sounds
- turn or look up when his/her name is called
- understand words such as “bye-bye”, “up”, or “no”
- say sounds like “ba ba”, “na na”, “ma ma”
- laugh and try to make sounds like you

## SEEING & USING HANDS

### At 12 months, your baby should:

- pick up very small objects between tip of thumb and tip of pointer finger
- grasp a pencil and may scribble
- show interest in pictures
- point at interesting objects or activities with pointer finger
- drop and throw toys on purpose



### At 12 months, your baby should:

- put at least three objects in and take them out of a container

## LEARNING TO THINK & PLAY

- quickly find a toy that is hidden while he/she watches
- imitate actions of another child while playing
- enjoy playing with toys that make sounds
- like to have a familiar adult within sight and hearing
- give an adult a toy when asked
- turn pages of a book, several at a time

